

# SHIRLEY RD CHIROPRACTIC

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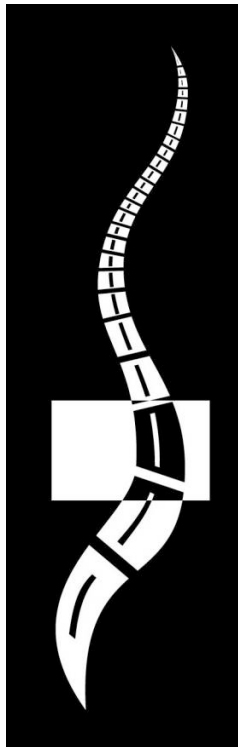
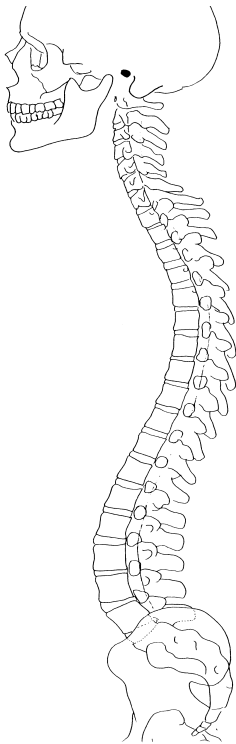
## Back Pain

It is probably no exaggeration to say that the chiropractic profession exists today, and has grown to such strength, because of its very successful management of patients with back pain.

Dr. Gordon Waddell, a leading orthopaedic surgeon from Scotland writes:

*Failure to restore function means any pain relief will be temporary and reinforces chronic pain. In the management of occupational back pain, **the chiropractic profession is leading the way.** The problem is weakness, and loss of function, not disease.*

### Facts About Back Pain



**1. Back pain is very common.**

Eighty-five percent of people will be disabled by an episode of back pain during their lives, and at any given time 7% of the adult population is suffering from back pain lasting 2 weeks or longer. Back pain is the second most common reason that patients seek medical attention. It is now known that back pain is common from early adolescence – a new Danish study reports a large increase during the ages 12-14, and that 50% of young women have had their first episode of back pain by age 18, 50% of young men by 20.

**2. Most back pain is caused by mechanical problems in joints and muscles.**

Over 90% of back pain is caused by functional pathology (e.g. restricted joint movements; stiffness; weakness or trigger points in muscle; nerve entrapment) rather than structural pathology (e.g. disease, tumours, fractures, disc herniation).

**3. There are multiple risk factors for back trouble.**

The risk factors include genetic (weak tissues), individual (fitness, age, work, smoking), psychosocial (stress) and physical (posture, activities).

**4. Back pain is very disabling and costly.**

Back pain is the most frequent and expensive health care problem in the 30-50 age group, and it is the most common cause of work loss and disability. Disability and cost have been growing far more quickly than the population for decades.

## The New Medical Approach to Back Pain

- Since the early 1990s there has been a fundamental change in medical management of patients with low back pain.
- The guidelines, adopted in 1994, change the approach from rest and "wait-and-see" to maintaining daily activities and earliest possible rehabilitation.
- The **first line of treatment is manipulation** and simple non-prescription medication, and the **guidelines encourage GPs to refer patients for skilled manipulation**.
- Acceptance by the family GP is becoming more apparent and seems to be paralleled by the increasing use of chiropractic in the community.
- A study from the Medical Journal of Australia in 2000 revealed that 69% of GP's have referred patients to a chiropractor. Forty-one per cent of these refer a few times a year and 17% refer at least monthly.
- At Shirley Rd Chiropractic we have always worked very closely with GPs and the medical profession. We believe that each profession has a complementary and important role in the management of back pain.



## Chiropractic and Back Pain

- There has been clear evidence from many studies confirming the effectiveness of chiropractic manipulation, and chiropractic management, for patients with mechanical low back pain (also called common, simple or non-specific back pain), the type of back-pain suffered by over 90% of patients.
- It has been concluded that **chiropractic treatment had long-term success** in the management of patients with mechanical back pain and was **highly cost-efficient**.

## What structures cause common back pain?

- Common acute back pain is often due to a soft tissue tear causing inflammation.
- The tear represents a mechanical disruption which is usually microscopic.
- The tear is normally in the muscle fibres and/or ligaments.
- While X-Rays often demonstrate no changes after an acute back pain injury they may help the chiropractor identify the cause of the injury.

## Recurrence of Back Pain

- In a study of 373 patients under 40 years of age, 89% had a recurrence within 10 years and only 33% had no lost time from work from future back problems.
- Another study suggests that two thirds of the people who have had back pain in the past can be expected to have some symptoms every year.
- While this all sounds very negative it is our goal at Shirley Rd Chiropractic to work with people in such a way that helps to minimise recurrences and help people take a more pro-active role in their care.
- Most people suffering from back pain respond remarkably well to chiropractic care with reduction in pain, return to work and improved range of movement in a short period of time.

## How can I prevent future episodes of back pain?

- Our spines need movement! Exercise, in the absence of symptoms, encourages strength in bones, muscles, ligaments and discs of the spine.
- A good diet is vital for healthy tissues surrounding your spine. Plenty of water and not smoking aid in the health of the discs between the vertebra.
- Prevention is always better than cure. Adjustments aim to correct underlying dysfunction before pain presents. Remember, "a stitch in time saves nine".
- At appropriate times of your healing we will give you advice and exercises that will potentially prevent future episodes of back pain.

• For further information regarding back pain, and references for the above material, please visit our website [www.shirleyrdchiro.com.au](http://www.shirleyrdchiro.com.au)